sunlighten
LIGHT FOR LIFE®

Cabin Cleaning & Maintenance

INSTRUCTION GUIDE

CLEAN & MAINTAIN YOUR SUNLIGHTEN

Your Sunlighten deserves all the TLC you can give it. We've provided these instructions to help you keep your sauna clean and running well. Follow these instructions carefully and you'll enjoy your wellness oasis for years to come.

Your Natural Cleaning Kit
(available at shop-uk.sunlighten.com) includes:

1. Natural Glass Cleaner
2. Natural Sauna Cleaner
3. 150-grit sanding (finishing) sponge
4. 2x Microfiber cloth

How to Clean Sauna Wood

- Wet the microfiber cloth (or a soft cloth, not a paper towel) with the Sauna Cleaner (wood) and dab stains. Do not spray the wood directly.
- Can substitute distilled white vinegar, with an acid of 6% or more, and water: 1 part distilled white vinegar to 2-3 parts water. Do not use apple cider vinegar.
- Do not use chemical cleaners on the wood.

How to Clean Sauna Glass

- Sunlighten Glass Cleaner can be sprayed directly on glass.
- Do not use chemical cleaners on the glass.
- Wipe down with microfiber cloth.
- Use dry cloth to dust the exterior.
- Unplug the unit twice a year for at least 15 minutes.

Sauna Cleaning Protocol

After each use

- Wipe down bench and floor with microfiber cloth from the Sunlighten Natural Cleaning Kit or a soft cloth.
- For any areas with moisture build-up, use a sponge to soak up excess moisture and microfiber towel or soft cloth to dry.

Daily

- Wipe down bench, base, walls, and backrest with a microfiber towel or soft cloth.
- Use sponge to soak up any excess moisture from these areas.
- Open roof vent and/or door. Leave open overnight, or for at least 2 hours.

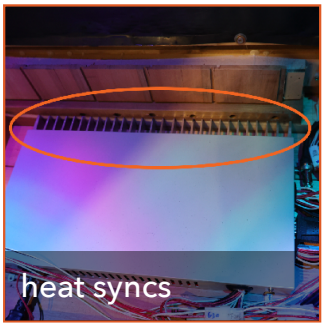
Weekly

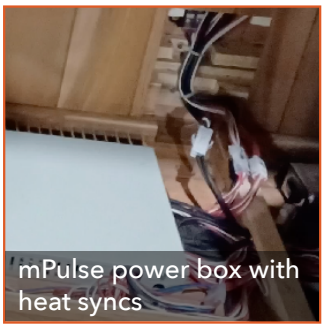
- Lightly spray a microfiber towel or soft cloth to wipe down ALL wooden surfaces with the Natural Sauna Cleaner. Never spray directly on your wood.
- After wood is dry, inspect for any areas of moisture or soil build-up.
- Use a (150 grit or higher) sanding/finishing sponge to lightly sand and clean those areas.
- Use Natural Sauna Cleaner on a microfiber towel or soft cloth to wipe down after sanding.
- Use the brush attachment of a vacuum to clean any debris or dust build-up from inside your unit and heater surfaces.

Monthly

- Follow steps for weekly cleaning.
- While the sauna is off and cooled down, remove heater covers and wipe down heater surfaces with a microfiber towel or soft cloth.
- For high traffic areas, such as the base near the front wall, it may be necessary to utilize an 80-grit sanding pad. Follow these steps:
    - Use 80-grit sanding sponge to remove any excess moisture or soil stains.
    - Finish with 150-grit sanding/finishing sponge, provided in the Sunlighten Natural Cleaning Kit.
    - Spray a microfiber towel or soft cloth with Natural Sauna Cleaner and then wipe down the wood.

Note: Glass cleaner should be used as often as needed.


heat syncs


mPulse power box with heat syncs

Signature wiring

- Drape towels over the bench to decrease sweat accumulation.
- Do not cover more than 40% of the floor grate.
- Keep unit unplugged if unattended for long periods of time (e.g., vacation).
- (mPulse specific) - Use can of spray air, similar to what you would use on your computer, to clear out dust/ debris from the heat syncs on the power box twice a year. (Heat syncs are the spike-looking objects on the back side of the power box, which is found directly under the bench beneath wooden covers)

Outdoor Units

- You must have a Sunlighten Sauna Cover installed per the instructions, in order to place your unit outside; to keep your warranty intact.
- Twice a year in mild, dry weather, remove the cover to inspect for tears/holes/worn spots in the fabric and plastic liner. If you find tears/holes/worn spots, you will need to replace your Sunlighten Sauna Cover.
- One to two times a year, make sure wires have not been damaged by rodents or pests.*
  - mPulse power box found directly under the bench has a lot of wiring. There is also connection point on the floor directly under the Android Control Panel.
  - Signature has a single stretch of wiring immediately to the right of the floor grate. You will have to slide a board out to get to the wiring.

*There is no floor heater for an Amplify - all of the wiring is up within the roof panel and walls.

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